



# INFORMATION TO PARENTS

## EQUIPMENT TIPS & SAFETY

### SKATES

- ✓ Lace-up figure skates OR hockey skates are the best choice. Skates need to fit properly, providing firm ankle support and consist of good quality leather. Molded skates, with Velcro or snap closures, should be avoided as they are inflexible in the cold and cause the skater to have less control.
- ✓ Good quality leather boot is preferable to vinyl.
- ✓ Ideally blades will be screwed on to figure skates. The blade should feel centered when walking. Ideally look for blades that are screwed on rather than riveted, so that the blade can be moved if necessary. If the blade is riveted make sure it is straight and centered.

### HOW SKATES FIT

- ✓ Skates should be fitted with only one pair of well-fitted socks or tights (the same pair that will be worn when skating).
- ✓ Begin tying laces loosely over the toe and then continuing up the front of the foot and snugly over the instep and ankle. Excess laces should never be tied around the tops of the skates, cut them or double knot them.
- ✓ Skates should fit comfortably with firm ankle support and snugly around the heel. Skaters should be able to wiggle their toes slightly.
- ✓ There should be no looseness or creases in the boot.
- ✓ The tongue of the boot should be well padded and wide enough to cover the front of the ankle and stay in place.
- ✓ Skater should stand with weight equally distributed over both feet and bent knees.
- ✓ The space at the back of the heel should be no more than a pencil width.
- ✓ Have the skater walk around in the skates off the ice. They should feel comfortable. The skater should be able to stand in the skates and walk without ankles leaning in or out.
- ✓ Avoid buying skates that are too big in hopes that your child will “grow into them”; skaters need the support that properly fitted skates will give them.

### CARE OF SKATES

- ✓ Skate guards should be worn only off ice.
- ✓ Unlacing skates sufficiently before removing them will prevent the back of the boot from breaking down. This is extremely imperative for hockey skates.
- ✓ Dry your blades using a soft cloth or chamois immediately following use. Skates should be taken out of the skate bag and allowed to air and dry completely inside and out. Never dry skates over direct heat, as this may crack and damage the composition of the skates.
- ✓ Do not store skates with the guards on - the blades will rust. Use blade protectors instead if you prefer blades to be covered when stored between sessions.

### SHARPENING

- ✓ Skates should be sharpened right after they are purchased - before the first lesson.
- ✓ Make sure blades are professionally sharpened at the beginning of the season and periodically check them for dullness or nicks. Re-sharpen skates after approximately 30 hours of skating (depending on usage and care).
- ✓ Figure Skates- the bottom toe pick should NOT be removed, this is part of the design for figure skates. It is used for performance of some skills and is essential to proper balance.

## HELMETS

- ✓ Hockey helmets are mandatory for all beginner skaters of any age.
- ✓ The helmet should fit snugly. Both the helmet and strap should be adjustable.
- ✓ Look for helmets made of hard plastic with a thick layer of sponge.
- ✓ CSA (Canadian Standards Association) helmets are the safest and have the best quality.
- ✓ A hockey helmet is recommended over a bike helmet as it is designed to withstand repeated bumps and protect against penetration.

## CLOTHING

- ✓ Skaters should be dressed warmly in clothes that will keep them warm and dry.
- ✓ Remember that clothing should allow for movement. Snow suits are generally warm and dry but may restrict movement.
- ✓ Layering of sweat suits, sweaters, ski jackets, and long underwear or leotards is recommended. Properly fitted snow pants will keep younger children dry.
- ✓ Avoid long drawstrings, scarves and dangling coat belts.
- ✓ Warm mittens or gloves with nylon exterior are a must. Wool mittens tend to stick to the ice surface when a child falls.

## SAFETY POINTS FOR SKATERS

- ✓ Get up quickly after falling down.
- ✓ Look in the direction of travel when skating backwards.
- ✓ No pushing, playing tag or bumping into others or the boards.
- ✓ No food, gum or candy on the ice.
- ✓ Coaches and club administrators should be advised of any skaters with special medical conditions.

## TIPS FOR BUYING USED SKATES

- ✓ If the skates have a liner, remove it to check whether the the boot has begun to rot inside.
- ✓ Used skates are more affordable than new ones. They are also a good choice if the skater is in a "gap" period between new skates (for example, a skater with two months left in the season).
- ✓ If a skater's feet are growing very quickly, used skates can ease the financial strain of keeping the skater in the sport through the growth period.
- ✓ Used skates are only a good choice if they truly suit the skater. Most important, the boot must be a proper fit. (See pg.1 –How skates fit)
- ✓ Level of support must be adequate for the skater's technical level. With Figure skates ensure leather skates give adequate ankle support. If the leather in the ankle is badly worn, wrinkled or weak, the necessary support will not be given.

## WHERE TO BUY SKATES

Some suggested stores. All sports stores offer skate sharpening. Figure skates should be taken to a figure skate store to be sharpened. Blades on a figure skates and hockey skates are different, therefore must be sharpened a particular way.

### Hockey Skates



Canadian Tire



National Sports



Play It Again Sports



Sport Chek (This store has a used hockey skate program)

### Figure Skates



Spirals –Bayview Dr. Barrie



Skater's Choice-Bryne Dr. Barrie



Skater's Edge-120 Mulock Dr. Unit # 4 Newmarket

*\* If you have any further question please ask our club executive or coaches \**